

Survival, Evasion, Resistance and Escape (SERE) Course

(21 DAYS)

ATRRS SCHOOL CODE 011

COURSE CODE: 2C-F107/600-F17(CT)

PURPOSE: To train selected personnel on Code of Conduct, Survival, Evasion, Resistance and Escape applications in Wartime, Peacetime Governmental and Hostage Detention environments.

COURSE RESERVATIONS: TDY Personnel must be placed in ATRRS to reserve a slot in the course. TDY Personnel arriving without an ATRRS Reservation will be given walk-on priority based upon availability and could be turned away.

1. **Students must have all their affairs in order prior to in-processing.** No time will be available to return leased vehicles or address other non-course activities (financial/family/legal matters) after reporting for in-processing.

2. Flight School personnel in-processing preparation and scheduling will be conducted through 1-145th Aviation Regiment.

TDY STUDENTS: NO LATER THAN FOURTEEN DAYS PRIOR TO ATTENDING THE US ARMY SERE COURSE, STUDENTS WILL EMAIL THE FOLLOWING DOCUMENTS TO THE SERE DETACHMENT REGISTRAR: SERE Physical, SERE Requirements Memorandum and Medical/Dental Waivers if required.

Call the SERE Registrar 2-3 days after submission of SERE Physical and Requirements Memorandum to ensure receipt and that the student has a reserved slot in the requested class.

EMAIL documents to: RUCK.ATZQ-BDE-OS@CONUS.ARMY.MIL (primary) or FAX: 334-255-0446 DSN: 558-0446 (alternate) Registrars Office: 334-255-0439 DSN: 558-0439 Medical Office: 334-255-0452/0455 DSN: 558-0452/0455

REPORTING INSTRUCTIONS: Because some students will be coming from distant stations (TDY Students), and other students are already stationed at Fort Rucker (local students), some of the following will not apply.

3. TDY students arriving to Fort Rucker should check-in at the SERE Barracks, Bldg 8360. Students must be checked in NLT 2400 Sunday. Course cadre may **NOT** be present at check-in. Staff Duty (334-255-9217) will receive /validate required documentation from incoming students to start the SERE Course and provide follow-on instructions.

TDY Students will report to SERE with the following documents in Hand:

- (1) Orders or DD Form 1610 (2 Copies)
- (2) DD Form 93 Record of Emergency Data
- (3) Copy of Servicemembers' Group Life Insurance (SGLV-8286)
- (4) Copy of current/valid JPAS (must be Interim Secret, Secret or Top Secret)
- (5) Complete Medical Record or Certified True Copy of Medical Record IAW AR 40-66
- (6) SERE Physical (Original/Includes DD Form 2808, DD Form 2807-1, EKG and Lab Results)
- (7) SERE Requirements Memorandum (Original)

Visit the Ft Rucker SERE Homepage on Army Knowledge online (AKO): Search for "US Army SERE" under 1st Aviation Brigade.

4. TDY students staying overnight at the SERE Barracks should meet downstairs in the lobby at 0430 with all gear and documentation necessary for in-processing. Transportation will be provided to Yano Hall bldg 6005 at 0445.

* TDY personnel will hand carry Medical Records to Monday / Day 1 in-processing

5. All students report, with their gear to Yano Hall, Building 6005, on Monday morning. In-processing will begin promptly at 0530. Students must be on time and prepared for a day 1 layout of all required equipment with complete documentation in order to start the course. Students failing to bring all required equipment on the packing list dated 1 June 2009 or required documentation will be denied entry into the course. SERE does not have CIF.

6. TDY students who complete training should not plan to travel prior to 1500 Sunday (Day 21).

7. No mail will be issued or received during the course and no phone calls/Cell Phones will be authorized.

8. All Students are encouraged to bring \$120 for meals and snacks. TDY personnel will be issued a meal card. There will be an opportunity at the end of the course to purchase SERE merchandise.

9. Students are HIGHLY encouraged to leave sentimental and/or valuable items at home. SERE School will not be responsible for lost items/equipment.

10. Students attending SERE training are required to comply with Army grooming standards.

Medical records: Class 2 Physical (Class 1 or Class 3 Full Flight Physical is accepted)

(a) SERE Physical (Includes DD Form 2808, DD Form 2807-1, EKG and Lab Results)

- DD Form 2808 Report of Medical Examination

- DD Form 2807-1 Report of Medical History (Long Form Physical)

The SERE Physical must meet requirements found in AR 40-501 (dated 10 September 2008), Chapters 2, 4, 5, 8 (8-14a, b, c, 8-24) and submitted physical cannot be more than 24 months old at course completion. Must include the following statement: **NO FEAR OF DARK PLACES OR ENCLOSED SPACES as per AR 40-501 Chap 5-3 q(3)U.**

(b) Bring original Medical Record or a Certified True Copy of their Medical Record IAW AR 40-66

If electronic, the copy must have a hardcopy signature over the electronic signature and the following statement in Box 78 of DD2808: "This physical meets the criteria for attendance to SERE training IAW AR 40-501 Chapter 5-4 and administrative notes." with an appropriate surgeon approved examination identified for the purpose of attending SERE School. Original medical records must accompany the student to the SERE course when possible. Otherwise a copy of original medical records will be accepted.

Send Waiver Request to:

Commander

US Army SERE School

3rd Ave, Bldg 750

ATTN: (Medical NCO)

ATZQ-BDE-OS

Fort Rucker, AL 36362

11. **Medications:** Over the counter medications are not authorized. Prescription Chronic Medications will be evaluated by SERE Medics and authorized as required. Only medications authorized to be taken during the course are those prescription medicines annotated in the student's medical record and/or medicine issued by SERE medics. Some Medications may not be allowed during SERE Training.

NOTE: Birth Control pills and other forms of contraception are NOT Authorized. All female personnel attending the SERE course will be authorized the use of external feminine hygiene products. Females should ensure they bring enough for the duration of the 21 day course.

12. No Dietary Supplements are authorized. Students are prohibited from consuming or possessing any form of the following supplements within **30 days prior to training**.

- (1) Ephedrine Sulfate: commonly known as Ephedra, Ephedra Sinica, or Ma-Huang.
- (2) Synthetic Creatine (Creatine monohydrate): citrate, phosphate or monohydrate salts.

Violators will be released from the course for failing to satisfy a pre-requisite.

13. **SERE Packing List:** The clothing and equipment list Dated **1 JUNE 2009** supersedes all previous packing lists for SERE High Risk Level "C."

ONLY STANDARD ARMY ISSUED ITEMS WILL BE AUTHORIZED

Scroll Down to view the Complete SERE Packing List

****Address Questions regarding in-processing to the SERE Registrar at 334-255-0439****

POC is the SERE Course Chief, DSN 558-9875 or Comm (334) 255-9875.
Send **Registrar Email** To: **ruck.atzq-bde-os@conus.army.mil**

* SERE SCHOOL MANDATORY PACKING LIST*

Applies to all Students: 1 June 2009

Failure to bring Mandatory Items will result in failure to attend the SERE course.

SERE does not issue CIF.

X	Items to be carried to In-processing	QTY
	ID Card (Carried on your person at all times)	1 EA
	ID Tags, with chain	1 PR
	Watch, Wrist (GPS enabled watches NOT authorized)	1 EA
	Notebook w/ pen or pencil (8.5 x 11 in sterile)	1 EA
	Aviator Kit Bag OR Duffle Bag	1 EA
	Field Pack, Alice (MED/LRG) OR MOLLE System	1 EA
	Entrenching Tool w/ cover	1 EA
	Coat, ACU (complete with Name Tape / US Army / Patches)	3 EA
	Trousers, ACU	3 EA
	Patrol Cap, ACU	1 EA
	Beret	1 EA
	Belt, Tan	1 EA
	T-Shirt, Tan	4 EA
	Socks, wool or cotton	4 PR
	Underwear, (Note: Full coverage only – No Thongs)	4 EA
	Brassiere (Note: Females – Sports type recommended)	4 EA
	Boots, Tan (Standard Military Issued Boots Only)	2 PR
	Parka, Wet Weather OR Gortex Top	1 EA
	Trousers, Wet Weather OR Gortex Bottom	1 EA
	Gloves, Black or Tan Leather w/ Wool Inserts	1 PR
	Shoes, Running	1 PR
	T-Shirt, Army Physical Fitness Uniform	1 EA
	Shorts, Army Physical Fitness Uniform	1 EA
	Towel, Bath	1 EA
	Personal Hygiene Items (21 Days Worth)	As Req.
	Feminine Hygiene Products (21 Days Worth, Recommend Pads for 10 days FTX)	As Req.
	Bag, Waterproof	2 EA
	Poncho, Wet Weather	1 EA
	Liner, Poncho	1 EA
	Bag, Barracks	1 EA
	Canteen, 2 QT	1 EA
	Cover, 2 QT Canteen	1 EA
	Canteen, 1 QT (Army Issue, Hard Plastic)	2 EA
	Cover, 1 QT Canteen	2 EA
	Cup, Canteen	1 EA
	Camelbak: 100oz Water Bladder and military style carrier	1 EA
	Hearing Protection	2 PR
	Flashlight w/ Batteries	1 EA
	Sleeping Bag (Stuff Sack, Gortex Bivey, Green Bag)	1 EA
	Protective, Eyewear, Clear Lens ONLY	2 PR
	550 cord	50FT
	Trash Bags, Large (Recommend Clear 33 gallon minimum)	2 EA
	Collared Shirt (Civilian Attire will be used in Training)	1 EA

	Slacks or Jeans (no holes)	1 EA
	T-Shirt (No Logos / Appropriate for Travel)	1 EA
	Closed Toe Shoes (No Sandals)	1 PR

MANDATORY SEASONAL ITEMS (WINTER: 1 OCT – 30 APR)

	Watch Cap, Black/Grey	1 EA
	Shirt, Thermal (Poly-pro or cotton) OR Field Jacket Liner	1 EA
	Bottoms, Thermal (Poly-pro or cotton)	1 EA
	Field Jacket OR Gortex Top	1 EA
	Jacket, Army Physical Fitness Uniform	1 EA
	Pants, Army Physical Fitness Uniform	1 EA

***Students are required to bring all items on the SERE Mandatory Packing List.**

TDY / Permanent Party Students are encouraged to bring their CIF Issued Vest/LCE:

	Suspenders, LCE/LBE/LBV OR MOLLE System	1 EA
	Pouch, Ammunition	2 EA
	Pouch, First Aid	2 EA
	ASEK Knife (or equivalent style bolt knife)	1 EA

All Students are encouraged to bring a Personal Survival Kit limited to the following items (will not be provided by SERE):

	Sewing Kit (No Scissors)	1 EA
	Safety Pins	4 EA
	Monofilament Line (Fishing Line)	50 ft
	Fishing Hooks (small to medium size)	5 EA
	Matches (Book or Box)	1 EA
	Aluminum Foil (12" x 48")	1 EA
	Manmade Tinder (i.e. cotton balls soaked in petroleum jelly, dryer Lint, Fast Fire/Wet Fire, etc.)	

* SERE SCHOOL PACKING LIST* OPTIONAL/RECOMMENDED ITEMS

X	ITEM	QTY
	Bee Sting Kit (Required if Allergic to Bee Stings)	1 EA
	Watch Cap, Black/Grey	1 EA
	Cloth, Wash	1 EA
	Pad Lock (combination or key)	1 EA
	Shoes, Shower	1 PR
	Laundry Detergent, Liquid (Medium size bottle recommended)	1 EA
	Glasses, Prescription, Military Issue (Contact lenses are only authorized during classroom instruction)	2 PR
	Hat, Sun, ACU (Boonie) (Hat must match uniform)	1 EA

	Knife, Pocket	1 EA
	Multi-tool (Leatherman, Gerber, etc.)	1 EA
	Holster, 9mm	1 EA
	Powder, Foot (4 oz. or smaller)	1 EA
	Cleaning Kit, Weapons	1 EA
	Camouflage Kit, Personal	1 EA
	Ziploc Bag, Large (1 gallon or smaller)	2 EA
	Clock, Alarm (Radio NOT authorized)	1 EA
	Notebook, Sterile (Cargo pocket size or smaller)	1 EA
	Bungee Cords	4 EA
	Cravat (Solid color military triangular bandage)	1 EA
	Reading Material (Limited to Religious text i.e. Bible and/or military survival manual ONLY)	2 EA
	Lip balm/Chap stick	As Req.
	Mole Skin	As Req.
	Bandages	As. Req.
	Marker, Black or Blue Ink	1 EA
	Wire, Snare Type (.02 Gauge safety wire or equivalent is recommended)	10 ft
	Linens, Bed (Twin Sheet, Blanket and Pillow)	1 SET
	Extra batteries	1 SET
	Space Blanket	1 EA
	Compass, Lensatic	1 EA
	Sunscreen	1 EA
	Insect Repellent	1 EA
	Snake Bite Kit	1 EA
	Additional towels, wash clothes, t-shirts, socks, underwear, and brassieres are authorized	

******* SERE DOES NOT HAVE ACCESS TO A CENTRAL ISSUE FACILITY*******

Prohibited Items: IF AN ITEM IS NOT ON THIS LIST, THEN DO NOT BRING IT WITH YOU!!

1. Reading Material not directly relating to Religion, Survival or POW experiences (absolutely no pornographic materials allowed). Aviation Study Guides Not Authorized.
2. Audio/Visual (i.e. radio, camera, CD player, walkman, camcorder, pager, cell phone, etc.) **Do not bring to the course.**
3. Additional food, spices, drink mix, tobacco products, candy, etc.